

Kentucky



**Approved
Food
List**

WIC-40
Effective 10-1-03
to 9-30-04

WOMEN AND



CEREAL

<u>Company</u>	<u>Product</u>	<u>Types/Flavors</u>
General Mills	Cheerios	Multi-Grain
	Cheerios	Toasted Whole Grain Oat
	Chex	Corn
	Chex	Rice
	Chex	Wheat
	Country Corn Flakes	
	Kix	
	Total Corn Flakes	
	Total Whole Grain	
	Wheaties	
Kellogg's	Complete Wheat Bran Flakes	
	Corn Flakes	
	Crispix	
	Mini-Wheats	Frosted Original
	Mini-Wheats	Frosted Bite Size
Nabisco	Product 19	
	Special K	
	Cream of Wheat	1 Minute
	Cream of Wheat	2 1/2 Minute
Post	Instant Cream of Wheat	Original
	Bran Flakes	
Quaker	Instant Quaker	Regular Flavor
	Oatmeal	
	Instant Grits	Original
	King Vitamin	
	Oat Life	

CHILDREN'S



JUICE - Unsweetened 100% Juice Only

Can or Plastic (46 Ounce)	Frozen (12 Ounce)
Orange	Orange
Grapefruit	Grapefruit
	Seneca Apple

Apple (Brands below)

Lucky Leaf	Seneca
Musselman's	Speas Farm

Pineapple (Brands below)

Del Monte	Dole	Libby's
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Libby's Juicy Juice (46 ounce only) Types below

Apple	Apple-Grape	Berry
Cherry	Grape	Kiwi Strawberry
Tropical	Punch	Orange Tangerine
Mango	Peach	White Grape

Canned (6 ounce can) Only when specified

Orange	Grapefruit
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- NO Juice with calcium added
- NO Other juices or fruit drinks



FOOD PACKAGE

MILK

Whole	Acidophilus and bifidum (A/B)
Lowfat or Fat Free	Lactose Free
Nonfat Dry	
YES 1/2%, 1%, 2%, added calcium, fat free, lowfat or reduced fat	
NO Flavored milks, Goat's milk, Buttermilk, Soy milk, added Soy protein, Vitamite 100, Rice milk or Organic milk	

CHEESE - (Plain) Block, Bulk, Cubed, Sliced or Shredded (8 or 16 ounce packages only)

Cheddar	Monterey Jack	Swiss
Colby	Mozzarella	

- YES Variety packs or blends, low cholesterol, low fat, reduced fat, nonfat, fat free, added calcium and low sodium modifications of the above cheeses
- NO Cheese with pepper, pimento, added herbs, spices, seasonings or flavorings, (wine or smoked)
- NO Deli (sliced-to-order) cheese when any other approved cheese is sold elsewhere in the store
- NO American Cheese or String Cheese
- NO Cheese food, cheese product, cheese spread, pasteurized processed cheese or imitation cheese

Eggs - Grade A (Dozen Only)

- NO Organic Eggs

DRY BEANS OR PEAS - (16 ounce or 1 pound bag only)

Black	Kidney	Pinto
Black-eyed	Lima/Butterbeans	
Great Northern	Navy	

- NO Beans with additional flavorings or additives
- NO Canned beans or beans in a jar

PEANUT BUTTER - (18 ounce only)

- YES Chunky, Creamy, Crunchy or Extra Crunchy
- YES Low sodium and low sugar
- NO Reduced fat peanut butter spreads
- NO Peanut Butter with jelly, honey, chocolate or flavors added
- NO Tubes or Slices

TUNA FISH - (6 ounce cans only)

- Packed in oil or water

RAW (FRESH) CARROTS - (16 ounce or 1 pound bag only)

- YES Peeled or Unpeeled
- YES Baby, Sliced or Whole

INFANT FOOD PACKAGE
WIC Recommends Breastfeeding Your Baby

FORMULA

Milk or Soy Based

Contract Brand as Specified.

Other Formulas as Specified.

NO Whole, Lowfat, Skim, Evaporated or Goat's Milk

INFANT CEREAL - (8.0 Ounce Box Only)

Dry Infant Cereal without fruit, formula or sugar

Beechnut Gerber Heinz

INFANT JUICE - (4.0 Ounce Containers Only)

Beechnut Gerber Heinz

NO Juice with iron, sugar, vegetables or yogurt added

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability.

To file a complaint of discrimination, write:

USDA

Director, Office of Civil Rights

Room 326-W, Whitten Building

1400 Independence Avenue, SW

Washington, DC 20250-9410


or call: (202) 720-5964 (voice and TDD)

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Kentucky Department for Public Health

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QTY	UNIT	Approved Items	PATIENT I.D. NUMBER	NAME OF PARTICIPANT			F No.
			1234567890	LAST PUBLIC	FIRST JOHN	MIDDLE Q.	0061001 0061001
1 GAL./LB. MILK OR CHEESE *1* GAL. MILK *36* OUNCES CEREAL *2* 12 OZ. OR 46 OZ. JUICE *1* DOZEN EGGS *1* LB./JAR DRY BEANS/PEAS OR 18 OZ. PEANUT BUTTER END OF LIST. VOID IF ALTERED 3+4			Health I.D. Location/Site 123456	First Day To Use: 04/19/2003	Last Day To Use: 05/18/2003	Date Redeemed: 6	
			Not Negotiable Unless WIC Agency Stamp Is Here		Deposit Within 60 Days Of First Day to Use	PAY EXACTLY 5	
			KY WIC Not Negotiable Unless KY WIC Vendor Stamp Is Here		\$ KENTUCKY WIC PROGRAM 		
			SIGN HERE AT GROCERY STORE <i>Jane Public</i>			7	

HANDLE EACH WIC CHECK INDIVIDUALLY

1. Do not cash before "First Day to Use" or after "Last Day to Use."
2. Must have WIC Agency Stamp.
3. Compare the Quantity and Type of foods selected.
4. Compare the Selected Foods with this Approved Food List.
5. Total the Amount and Enter the Amount.
6. Enter the Date.
7. Obtain the Signature.



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